LENNY AESTHETICS • NURSE LED CARE

Microneedling Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Skin will feel warm, tight and pink for 12 to 48 hours. This is expected.
- Do not wash the face for at least 4 hours. Use only lukewarm water and a gentle cleanser for 48 hours.
- No makeup for 24 hours. Use only products recommended by your clinician.
- Avoid actives (retinol, AHAs, BHAs, vitamin C) for 5 to 7 days.
- No exercise, sauna, steam or swimming for 48 hours.
- Strict SPF 50 daily. Avoid direct sun for 2 weeks.
- Do not pick or exfoliate any flaking skin. Let it shed naturally.
- Book your next session 4 to 6 weeks apart for a full course.

Need to reach us

If anything feels unusual, get in touch straight away. Email Lenny4uclinic@gmail.com or contact the clinic through the website.

This guidance is general aftercare advice and does not replace bespoke instructions given to you at your appointment. Always follow the specific plan agreed with your clinician. © Lenny Aesthetics. For personal use only.